

Is energy density associated with weight loss and weight maintenance in adults? (DGAC 2010)

Conclusion

Strong and consistent evidence indicates that dietary patterns that are relatively low in energy density improve weight loss and weight maintenance among adults.

Grade: Strong

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [Is energy density associated with weight loss and weight maintenance in adults?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Is energy density associated with weight loss and weight maintenance in adults?](#)